

## ABOUT THE WORKSHOP

In The Book of a Hundred Hands, poet Cole Swensen describes the hand as "already interior," as landscape," as "rising up from the sea." Merriam's tells us to wave means "to swing," that it's "of water;" that it can mean "to float, play, or shake in an air current: move loosely to and fro." In this 4-hour outdoor workshop we'll travel along the Sammamish River Trail from Dudley Carter Park to explore the gesture of the wave in all its forms. How do we say hello and goodbye? Where and how do we learn to wave? Is yours the wave of a Beauty Queen or a rip tide? Who, or what, waves back at you? What's the role of the space around things – the context – in waves and waving? We'll explore all this and more through writing and simple movement exercises that amplify the senses and invoke synesthesia, aiming to create new writing and ideas, as well as connections between each other and where we live.

This workshop is for anyone who's interested in exploring their ideas in new ways. In other words, no experience necessary! Just bring your imagination!

## ABOUT THE POET

Melanie Noel is happy to be serving as Redmond's Poet Laureate (June 2018-May 2019). She's the author of two books of poetry, The Monarchs (Stockport Flats, 2013) and A Ringing (forthcoming from Goodmorning Menagerie). Her poems have also appeared in Thermos, Spiral Orb, Filter, Weekday, The Volta, The Seattle Review of Books, and The Arcadia Project. This workshop combines her experience and interest in where landscape, language, and imagination intersect. She's been teaching these experimental workshops – which she thinks of as three-dimensional poems – since 2009.